

## Big Apple BJJ Open Rules

Division	Time Limit
Kids	
5/6 years	2 mins
(5/6 is double elimination)	
7/8 years	3 mins
9/10 years	4 mins
11/12 years	4 mins
13/14 years	4 mins
Juvenile (15-17)	5 mins

\*\*for combined divisions, the time limit is according to the category age in the bracket

Division	Time Limit
Adult (18+)	
*White	5 mins
*Blue	6 mins
*Purple	7 mins
*Brown	8 mins
*Black	10 mins
Master I (30+)	
*White/Blue	5 mins
*Purple and up	6 mins
Master II (40+)	5 mins

### Illegal Moves for Kids, Teen, Juvenile

- \* Choke with spinal lock
- \* Straight foot lock
- \* Ezekial choke
- \* Frontal guillotine choke
- \* Omoplata
- \* Triangle pulling the head
- \* Arm triangle
- \* Lock inside closed guard compressing kidneys or ribs
- \* Wrist lock
- \* Single leg takedown while attacking athlete has head on outside of opponent body
- \* Bicep slicer
- \* Calf slicer
- \* Knee bar
- \* Toe hold
- \* Slam
- \* Spinal lock without choke
- \* Heel hook
- \* Locks twisting the knees
- \* Knee reaping
- \* Scissor takedown
- \* Bending fingers backwards
- \* Grabbing opponents belt and throwing them down to the floor while their head is on the outside while defending single leg takedown
- \* Suplex takedown